

South Belfast Projects



Take5
steps to wellbeing

your voice, your choice

Group Name	Open Ormeau Community Collective
Project Name	Ballynafest
About the project	<p>We will bring together a large and diverse group of people from the local community to share food, music, dance and other health promoting activities for an afternoon in September 2025.</p> <p>We would expect approx 1500 local people to attend our free event in the open air of the beautiful Ormeau park.</p> <ul style="list-style-type: none"> -Connect.....with your neighbours -Keep learning.....language, dance -Be active.....in sports, dance -Take notice..... of the beautiful park surroundings in your neighbourhood -Give.....something back by coming along and joining in this community festival

Group Name	Realta Ladies Health Project
Project Name	Bringing women back to health through sport
About the project	<p>The "5 Steps to Wellbeing" programme for women aged 16 and older combines football with evidence-based wellbeing practices to promote health and empowerment. Over 20 weeks, participants engage in regular football sessions that improve cardiovascular fitness, muscle strength, coordination, and overall physical health. The dynamic nature of football also helps with weight management and boosts energy levels, supporting a return to an active lifestyle.</p> <p>The programme incorporates the five steps to wellbeing—Connect, Be Active, Keep Learning, Give, and Take Notice—within the football framework. Team-based activities foster connections, reducing feelings of isolation and building a sense of community. Participants develop new skills through structured coaching, enhancing confidence and self-esteem. Football encourages mindfulness by requiring focus and presence in the moment, helping to alleviate stress and anxiety.</p> <p>Additionally, the programme emphasises giving back, with participants encouraged to mentor others or support team initiatives, further enhancing their sense of purpose and belonging. By providing a supportive, inclusive environment, the programme not only improves physical and mental health, but also empowers women to continue participating in sports, develop lasting friendships, and embrace healthier lifestyles beyond the 20-week duration.</p>

Group Name	Claremont Garden
Project Name	Claremont Garden workshops
About the project	<p>We will run some workshops in Claremont Garden.</p> <p>Most people around here seem to be lone males. There are several hostel accommodations and this would add to the assistance given to the men living there as well as other local residents.</p> <p>The programme is targeted at males between the ages of 30 upwards. Due to loneliness and suicide rates in males we wish to invite professional trades people to lead 3 workshops to increase sense of belonging.</p> <p>These workshops would be woodworking/carving, metalwork and DIY essentials.</p> <p>We believe that targeted workshops will give men a new lease of life with a possible hobby or increase in worth in their own skills. This should lead to a sense of belonging and will ensure their worth in their community.</p>

Group Name	Annette Collins / Step with Annette
Project Name	Couch to Ceili - fun guaranteed - get moving - get dancing!
About the project	<p>Adults interested in:</p> <ul style="list-style-type: none"> • learning about other cultures • improving their fitness levels & balance • making new friends <p>Children welcome; must be accompanied by an adult.</p> <p>Couch to Ceili, where participants are introduced to dances from Ireland, Scotland and mainland Europe. I will run two 5 week courses, before and after the summer, each with a finale event with live music.</p> <p>Dance has been proven to be one of the best ways to keep the body active and the mind alert; it is a fun form of exercise.</p> <p>Participants would:</p> <ul style="list-style-type: none"> • connect with others in a fun environment which can reduce a feeling of social isolation • feel their balance/fitness improve • learn a new skill, giving them a sense of achievement. • work in couples and circles, helping each other towards a common goal. <p>Facts – dance can:</p> <ul style="list-style-type: none"> • improve heart and lung condition • increase muscle strength • improve balance, agility, flexibility, posture • help manage weight • reduce risk of osteoporosis • reduce stress • increase serotonin levels • improve cognitive performance, memory, and problem-solving skills. <p>“Dance: a social activity that helps connect people”</p>

Group Name	The Advantage Foundation
Project Name	Explore Wellbeing: Connecting Through Nature
About the project	<p>The Explore Wellbeing: Connecting Through Nature project targets young people aged 8–13, primarily from primary schools, youth groups, and summer schemes in South Belfast. However, it remains adaptable to older participants up to 16 years old.</p> <p>The programme focuses on engaging young people with the outdoors while promoting the Take 5 steps to wellbeing: Connect, Be Active, Keep Learning, Take Notice, and Give.</p> <p>Activities include nature walks, habitat exploration, ecosystem studies, team challenges, and mindfulness exercises. These sessions are designed to reinforce classroom learning with real-world applications, provide hands-on educational experiences, and encourage environmental stewardship.</p> <p>The benefits of this project are multi-faceted:</p> <ul style="list-style-type: none"> • Educational Benefits: Participants will deepen their understanding of science, geography, and environmental studies through interactive, nature-based activities. • Physical Health: Activities such as walking and team challenges promote fitness and reduce sedentary behaviour. • Mental Health: Time in natural environments improves focus, reduces stress, and enhances emotional resilience. Mindfulness activities help young people connect with their surroundings and foster calmness. • Social and Emotional Benefits: Team-based activities encourage communication, collaboration, and peer support, building confidence and a sense of belonging. <p>Running from April to October 2025.</p>

Group Name	Flowers of Belfast CC
Project Name	Flowers Health & Wellbeing
About the project	<p>The project is aimed at the ladies of Flowers of Belfast who are predominantly Sudanese women and also their friends from other groups, religions and cultures.</p> <p>The group is targeted to their mental health and overall wellbeing as most are going through challenges of marriages/ parenting and other challenges that are deemed a stigma in the Sudanese society.</p> <p>The group wants to encourage those who feel unwanted and unsupported to take part and build relationships with them through Take 5 sessions and mental health sessions together with resilience sessions to try and encourage them to come out of the house by spending time with them in different settings like residential.</p> <p>We plan to go to at least 3 residential and we work in partnership with a lady who is a health and wellbeing tutor, who has good working relationships with those who offer residential at a minimum and reasonable price.</p> <p>We also hope to do training in safeguarding so we can learn about safeguarding vulnerable adults and children. We also want to use the platform to create support groups where we can go to the park and engage in mindful walks and Take 5 sessions. These will be very beneficial for the whole group for physical health as most women would have health problems so mindful walking will be helpful for them and much more doable.</p> <p>The ladies like to gather and this would be a healthy gathering and much more meaningful.</p>

Group Name	Rowing Ireland
Project Name	Get Going Get Rowing
About the project	<p>Rowing is a very skilled sport. The young people will learn a new sport on machines provided and delivered to schools by Rowing Ireland and coached by trained coaches.</p> <p>They get to do individual challenges as well as team challenges which is great fun.</p> <p>With transport covered we will offer young people the chance to row on the Lagan river in Belfast.</p>

Group Name	Hen Shed														
Project Name	Healthy Hens														
About the project	<p>WHO ARE WE? A sustainable group of women who connect to share knowledge, skills, company and fun in a friendly safe environment.</p> <p>OUR MISSION: To improve women's health and wellbeing by fulfilling all Take 5 steps to wellbeing.</p> <p>TARGET GROUP: Women of all ages welcome.</p> <p>ACTIVITIES:</p> <p>KEEP LEARNING – to maintain good cognitive health</p> <table> <tr> <td>Sewing</td><td>Quilting</td></tr> <tr> <td>Knitting</td><td>Wreath-making</td></tr> <tr> <td>Cooking</td><td>IT skills</td></tr> <tr> <td>Self-defence</td><td></td></tr> </table> <p>BE ACTIVE – to increase health span</p> <table> <tr> <td>Walking</td><td>Dancing</td></tr> <tr> <td>Yoga</td><td>Pilates</td></tr> <tr> <td>Aerobics</td><td>Resistance/strength training</td></tr> </table> <p>TAKE NOTICE – walking in our local park and engaging in nature promotes mental well-being</p> <p>GIVE – volunteering at local community events and in our community garden benefits the whole community</p> <p>CONNECT - coffee and conversation helps support our emotional wellbeing.</p>	Sewing	Quilting	Knitting	Wreath-making	Cooking	IT skills	Self-defence		Walking	Dancing	Yoga	Pilates	Aerobics	Resistance/strength training
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Group Name	Market Men's Group - MDA
Project Name	Hiking for Health
About the project	<p>The Hiking Health group started meeting in 2024 and took part in hikes around the Belfast Hills and Mourne Mountains. The group took part in the seven sevens challenge in August 2024 and raised funds to erect a memorial for a local youth worker. This project will build the group's capacity by providing them with first aid training, orienteering training and team building exercises.</p> <p>Connect – Bringing together isolated men to a group environment that encourages team work and group planning. The programme will encourage each person to think about the group and plan out hikes as a team.</p> <p>Keep learning – The programme will teach the group essential orienteering skills which will boost their confidence on hikes and increase confidence when we try to attract new members. The group are keen to learn hiking skills and also asked for first aid training.</p> <p>Be active – Hiking is a low intensity activity that great improves participants cardio fitness. With proper planning each hike can be adjusted to suit fitness levels within a group so that members who are less able physically can still take part and build up their ability over the weeks and months.</p> <p>Take notice – Hiking is fantastic for mental health, it takes participants to scenic environments breaking them away from routine and the stresses they may have in every day life.</p> <p>Give - The group learn to share tips and give each other food, drinks and items of equipment.</p>

Group Name	Belfast Cycle Campaign
Project Name	Kidical Mass
About the project	<p>We propose to run an inclusive, family friendly cycle ride from Belfast City Centre to Botanic Park. The cycle ride will end with a picnic and outdoor activities.</p> <p>The event is aimed at everyone and is designed to encourage people to get on their bikes and experience the joy of cycling around the city.</p> <p>The benefits include: promoting safe cycling, encouraging an active lifestyle and promotes inclusive, family friendly outdoor events.</p>

Group Name	Happy Women's Group
Project Name	Learn, Connect and Support Group
About the project	<p>The group will be engaged in activities learning about Belfast, tour Belfast and connect with the local communities and learn from each other. The ladies will also do mindful walking in these tour sessions and also hold support groups of parenting and mental health awareness together with resilience.</p> <p>We will have Take 5 steps to health and wellbeing sessions. We hope to start this soon to target the ladies who are lonely and are challenged with mental health and depression and those who are withdrawing from society due to asylum seeking journey/ parenting/ bereavement/ immigration journey.</p> <p>The project will also be targeted to the ladies that are underprivileged and won't afford to take tour lessons and also due to language barrier can't go on normal tours as we will have volunteers of interpreters. Most of the tours will be walking tours where we will practise mindful walking to help keep fit and lose weight and also a great way for the ladies to be out of the hotel and to connect and enjoy fitness in a fun way!</p> <p>This will also target ladies who have mental health challenges and also physical health challenges as long as recommended by GP or physiotherapists. The project will be spread evenly. We target antisocial which is a part of mental health challenges. We also want to encourage building relationships and targeting their confinement in the hotel and the stigma of being afraid to go out and socialise and meet other people. We also target the ladies in the society who think that religion can stop them from associating with other ladies considering their religion and culture.</p> <p>The project is to encourage the ladies to go out more often and be willing to learn about the beautiful Northern Ireland they live in and to get to love it and we know that touring locally is not an active interest in the BAME community and hope it will be a way of how they keep themselves happy, emotionally happy and also a way of keeping themselves active and this will positively affect their physical, emotional and mental wellbeing.</p> <p>This project will build a connection between people and initiate activity in their life through learning and also holding support groups and knowing they can support each other in different ways. It will also tackle the stigma of confinement and keeping to themselves and give the ladies from the hotel freedom to be out and be themselves and learn to cope and be resilient. In every session we will first have a 30 mins chat about mental health/resilience, Take 5 and on healthy eating and nutrition.</p>

Group Name	Market Family Support Group
Project Name	Learning healthy living together
About the project	<p>This project provides significant health benefits for participants by addressing both physical and mental wellbeing. The 10-week cooking classes focus on teaching residents practical skills for preparing healthy, affordable meals. By promoting balanced nutrition, the classes help improve dietary habits, which can reduce the risk of chronic health conditions such as obesity, diabetes, and heart disease. Participants also gain the knowledge and confidence to make healthier food choices, which can positively impact their overall quality of life.</p> <p>The craft classes offer a therapeutic outlet for participants, helping them manage stress and improve mental health. Creative activities have been shown to reduce anxiety, promote mindfulness, and enhance self-esteem. For individuals dealing with the challenges of substance use within their families, these classes provide a valuable opportunity for self-expression and emotional release.</p> <p>Both elements of the project foster a sense of community and social connection. Shared experiences during the classes help combat isolation and create a supportive environment where participants can build relationships and share coping strategies.</p> <p>By addressing physical and mental health holistically, this programme empowers residents to take proactive steps toward a healthier lifestyle. It equips them with the skills, knowledge, and support needed to make lasting positive changes, ultimately benefiting not only the individuals involved but also their families and the wider community.</p>

Group Name	Belfast Pickleball Club
Project Name	Play More Pickleball
About the project	<p>Belfast Pickleball Club is an inclusive not for profit club which provides a safe and fun space for members to enjoy the sport's physical, social and mental health benefits.</p> <p>We want to strengthen community bonds, promote fitness, share experiences, provide new learnings and give the joy of sport to our members. As the only Pickleball club in Belfast, our main barrier to provision is venue hire. With our proposed “Play More Pickleball” project we will be able to secure 5 months of our south Belfast based facility and provide equipment to facilitate sessions. We would then pass these savings onto our members.</p> <p>We will also offer a new “Skills and Drills” session as part of our “Play More Pickleball” project. This will consist of a dedicated two hour session concentrating on game and technique development which members can then use in future sessions/games. The combination of our sessions gives people the opportunity to learn new skills, take notice of other members’ development and for our volunteer coaches to give their time while connecting and encouraging members.</p> <p>Pickleball stands out as an exceptionally inclusive and accessible sport for various reasons. The game's moderate physical demands and smaller court size make it suitable for diverse fitness levels and mobility ranges. Played predominantly in doubles, Pickleball promotes social interaction and teamwork, enhancing its inclusivity. Our “Play More Pickleball” project will align with and promote all aspects of the Take 5 steps to wellbeing programme.</p>

Group Name	Belfast YMCA Community Garden
Project Name	Pollinator Friendly Open Garden Sessions
About the project	<p>The Pollinator Friendly Open Garden Sessions are designed to bring local communities together to learn, create, and make a positive impact on our environment. These workshops are open to people of all ages and abilities, with a particular focus on families, children, and young people. The sessions are ideal for anyone with an interest in gardening, wildlife, or sustainability, whether they are beginners or experienced enthusiasts. They are facilitated by a Community Garden expert at the Belfast YMCA Community Garden in Stranmillis.</p> <p>Running twice a month from May to October, the workshops will feature hands-on activities such as:</p> <ul style="list-style-type: none"> • Creating wildflower seed bombs to support local pollinators like bees and butterflies. • Building wildlife habitats, including bug hotels, to provide shelter for insects and small creatures. • Exploring biodiversity-friendly gardening techniques to enhance participants' knowledge and inspire sustainable practices. <p><u>Benefits of the Programme</u></p> <ul style="list-style-type: none"> • Participants will develop practical gardening and wildlife-supporting skills. • Workshops will create an appreciation of local biodiversity and the vital role pollinators play in the ecosystem. • The sessions will provide opportunities for creative engagement, teamwork, and community connection in a welcoming outdoor setting. • Children and young people will gain a sense of responsibility for the environment.

Group Name	Réalta na Cromóige
Project Name	Senior men's health project
About the project	<p>Our club has been working with a group of men, aged mostly 40 years +, who are a mixture of native residents and people who have made their home in our community. We have been meeting on an ad hoc basis to sometimes socialise with food and sometimes play football.</p> <p>The group are in need of a consistent programme as they get a lot of value from meeting up. We have done a planning session with them and came up with a simple 20 week health programme which will involve:</p> <p>X 20 football sessions X 6 community meals in our community centre X 10 hikes on hills around Belfast and surrounding country.</p> <p>Connect – the core point of the programme is to bring a group of isolated men together for group activities over a 20 week period. The residents all come from disadvantaged communities and report feeling lonely, at risk and have low self esteem. We want to create connections between them and connect them to local community facilities so they become aware of support in their area.</p> <p>Be active – the men will take part in football training, small sided games and also mobility exercise classes. This will improve their physical strength and cardio fitness through play and controlled movement.</p> <p>Take notice – the group will go on 10 hikes to places of great beauty and be encouraged by our group guides to slow down mentally and pay attention to the natural world around them.</p>

Group Name	Albion Star Football Club
Project Name	Take 5 for Sport
About the project	<p>The project will work with over 80 children aged 5-12 years for over 10 weeks introducing them to football in their local area as well as using sport as a tool to teach children how to use the Take 5 approach.</p> <p>Each session will focus on physical activity and at least one element of Take 5 brought to children through fun games and activities to look at keep learning, take notice, help others and connect. Be active will be the crux of all sessions providing activities through one hour of physical activities / football.</p> <p>The target group for this programme is children aged 5-12 living in Inner South Neighbourhood Renewal and Holyland areas. These children live within the top 10% of deprivation of NRA areas including top 9% for health and wellbeing deprivation. We also have a range of newcomer BAME families to the area which we want to provide pathways for connecting with community and getting involved in sport.</p> <p>We will conclude the programme with a celebration event that will include Take 5 activities so parents can also get involved and continue this approach with their children to carry on these daily Take 5 activities. We will also include registration opportunities for our own teams as a follow on for the programme for all children.</p>

Group Name	Fitness Freddy
Project Name	Take Five High 5
About the project	<p>Fitness Freddy Take Five High 5 Programme aims to support three South Belfast schools: Taughmonagh P/S, Harberton Special School and Glenveagh Special School. At a time when school budgets continue to face cuts, prioritising mental health in schools is more important than ever.</p> <p>This initiative will benefit up to 750 children, ranging from 4 to 18 years of age. The programme focuses on raising awareness about the importance of mental well-being while building confidence through engaging talks, activities and games inspired by the Five Steps to Wellbeing framework.</p> <p>In addition to mental health support, the programme will deliver physical activity sessions packed with fun and laughter, fostering a sense of joy and connection within the school communities.</p> <p>By combining mental well-being awareness with physical activity, the Take Five High 5 Programme can provide each school with ten tutoring hours over several weeks.</p>

Group Name	Realta under 16
Project Name	Teaching healthy living to our youth
About the project	<p>The "5 Steps to Wellbeing" programme delivers comprehensive health benefits by combining physical activity with mental wellness training. The 10 weeks of exercise classes promote physical fitness, enhancing cardiovascular health, strength, and flexibility while reducing the risk of chronic diseases such as diabetes and hypertension. Regular exercise also boosts energy levels and improves sleep patterns, contributing to overall wellbeing.</p> <p>The 10 weeks of wellbeing training introduce participants to evidence-based practices, such as connecting with others, staying active, learning new skills, giving back and mindfulness. These practices help reduce stress, anxiety, and depression, fostering emotional resilience and a positive outlook on life.</p> <p>Together, the programme provides participants with the tools to build healthier habits and improve their mental and physical health. It also creates a supportive community where individuals can share experiences, build connections, and develop a sense of belonging. These benefits extend beyond the programme, equipping participants with lifelong skills for maintaining wellbeing.</p>

Group Name	Ormeau Running Club
Project Name	Tenth Birthday Family and Community BBQ Celebration in Park
About the project	<p>Ormeau Runners Tenth Birthday celebration in Ormeau Park is aimed at club members, their families, friends and our very supportive community.</p> <p>All welcome.</p> <p>We wish to say a massive thank you to all our members. We'd like to meet their families, their friend groups and our community neighbours. We're excited to see them share in a summer fun day in the park with their friends, children and grandchildren. We want to give our members the opportunity for their families to meet.</p> <p>We're planning a fun activity day in the summer in Ormeau Park. We're hosting a club BBQ at the fun day as our Club's 10th Birthday party.</p> <p>We're going to plan sports related fun games and activities for everyone to participate in. We'll award prizes and rewards with the emphasis on fun and challenges. We'll have face painting and children's games and music for everyone to join in. We'll have cake and treats to mark our birthday celebration.</p> <p>Ormeau Runners was formed to promote social group running as a catalyst for us all to embrace a healthier lifestyle. We pride ourselves in creating a welcoming and inclusive environment and this is reflected in the growth in numbers of our members. We have all benefitted enormously.</p> <p>Our Ormeau running 'village' members generously share experiences, support and advice to any member experiencing challenges. We have experienced health, emotional, mental health and physical challenges and learnt to thrive.</p>

Group Name	LORAG Walking group
Project Name	Walk for Wellbeing
About the project	<p>This project will work with our newly established walking group who have been walking routes locally to build their skills to get out and try new things focusing on the 5 steps to wellbeing through Take 5.</p> <p>The walks will consist of a group of 15 people taking on new challenges such as Cavehill, Divis Mountain, Black Mountain and further afield with the Mourne mountains as end of programme challenges.</p> <p>The health benefits will be part of each walk, getting groups out in nature for both green and blue therapy using the Take 5 wellbeing steps in each session through flexible workshops on wellbeing and using the Take 5 toolkit.</p> <p>We will deliver this programme over an 8 week period going on one of the walks above each week, followed by a short interactive workshop and refreshments.</p> <p>The group will improve their social connections, get active, connect, take notice of nature and wellbeing and give back by supporting each other.</p>

Group Name	WISPA (Women in Sport and Physical Activity)
Project Name	Wellness Warriors and WISPA Wanderers
About the project	<p>This project is aimed at all women aged 18+ from the South Belfast area and those who are at risk of developing poor health due to low or decreasing physical activity levels and social isolation. We will encourage local women to participate and improve their fitness levels, reduce social isolation and as a result improve their mental wellbeing.</p> <p>‘WISPA Wanderers’ is a walking programme for local women using local Greenways, parks and green spaces in their communities. This programme will run for 6 weeks in South Belfast during the summer months. At the end of each session we will provide refreshments for the group to allow them the opportunity to socialise, get to know each other and build relationships with each other.</p> <p>We also want to deliver the ‘Wellness Warriors’ Boot Camp in South Belfast to attract women and girls during the Summer months get more active! We will use physical activity as the vehicle to allow women to connect with others around them and in their local community, building connections and new relationships. WISPA believe that by being active in a fun and engaging exercise class is more sustainable for the individual and they will be more likely continue this habit if they have enjoyed it. Being active is vital for our physical and mental wellbeing allowing us to live happier healthier lifestyles.</p> <p>WISPA focus on improving the quality of life for women by providing them with opportunities to improve their overall health and wellbeing. We aim to bring women together by providing an opportunity to improve their daily routine, connect with others, learn a new hobby, exercise, explore their surroundings and participate in local community initiatives.</p>

Group Name	Market Development Association - Community Wellbeing Kitchen
Project Name	Women's Moving for Health Programme
About the project	<p>The participants will take part in a 12 week programme, meeting twice per week.</p> <p>Session 1 - Dance themed fitness class</p> <p>Session 2 - 5 steps to wellbeing training and team building</p> <p>Connect - The participants will learn techniques related to each of the 5 steps and will do so as a group. This encourages individual development along with team work and learning alongside and from others. It will foster a sense of belonging amongst the group and with the community they are located in.</p> <p>Keep learning – The participants will learn new techniques in the 5 steps sessions with the aim that they can use what they like from it at home. The tutor will encourage them to try new things each week but to also focus on and further explore the parts they get most benefit from.</p> <p>Be active – The dance sessions will bring high levels of activity using increasing the participants’ cardiovascular fitness, coordination and balance. We choose dance as several residents have requested it and we see it as a way of encouraging cardio training without even mentioning the term so that participants can remember that being healthy and getting fit can be a lot more fun than watching TV.</p> <p>Take notice – The 5 steps sessions with encourage residents to set aside their responsibilities and worries for a few hours each week and pay attention to their bodies state of being. The tutor will also bring in practices which encourage residents to take moments each day to take in the world around them, to pay attention to the world they live in and so regain a sense of their place within it.</p>